

## ***Embracing Freedom***

### ***Finding Freedom with Food, Movement and Our Bodies***

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Do you beat yourself up when you use food to cope with life and emotions, only finding yourself loathing your body more today than yesterday? Does your mood depend on the number on the scale or your FitBit/Apple Watch exercise totals? Are you frantically trying to lose the "Quarantine 15"? Have you ever posted "before" and "after" pictures on social media? Do you track your exercise and food intake? If you have found yourself trapped in the cycle of counting calories/macros, dieting (often disguised as "lifestyle changes"), binging/purging, or obsessively exercising and are ready to change patterns in your relationship with food, physical activity, and body perception, then the group "Embracing Freedom: Finding Freedom with food, movement, and our bodies" at the Samaritan Center in Elkhart may be for you. Join us as we learn the truth about "food addiction", how to break free from diet culture, and to believe the truth about ourselves, no matter how beautiful it is.

Group therapy is the most powerful way to overcome unhealthy relationship patterns, whether with people...with yourself...or with food and exercise. Topics in this group will include:

- Identifying and understanding emotions (fat is not a feeling!)
- Confronting self-destructive thought processes
- Intuitive Eating vs. Weight Watchers, Keto, Intermittent Fasting, Whole 30
- Identity
- Expressive work

**Start Date:** TBD (Spring 2022)

**Time:** TBD

**Place:** Elkhart Samaritan Center, 311 W. High St., Elkhart, IN 46516 (CDC guidelines will be observed as we plan to meet in person)

**Cost:** \$60

**Duration:** 12 weekly sessions OR 6 bi-weekly sessions

**Open to:** Males and Females college age and older, 6-8 Member limit

**Facilitator:** Alison Andrews, MA, LMFT, EMDR. Call 574-262-3597 ext. 113 to schedule an orientation appointment.